

# Useful websites

## How can I find peer support?

There are a number of different ways to find and access a type of peer support that suits you. You can often start doing peer support without a referral from your GP, although there are some types of support that do need your GP to refer you.

You may be able to access peer support through:

- the NHS
- Mind's services
- online support
- community and voluntary groups
- student services
- becoming a peer supporter.
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<https://www.mind.org.uk/information-support/drugs-and-treatments/peer-support/finding-peer-support/>

Elefriends is a supportive online community where you can be yourself.

<https://www.elefriends.org.uk/>

Support groups in your area:

<https://www.rethink.org/help-in-your-area/groups-in-your-area/>

NHS support

<https://www.nhs.uk/conditions/social-care-and-support-guide/caring-for-children-and-young-people/children-and-young-peoples-services/>

- Young Minds
- Time to change
- No Panic
- KoothFree online counselling and emotional well-being platform for children and young people
- Anna Freud National Centre for children and familiesAdvice and support with well being
- Resources and support Emerging minds

## **Self- help contacts:**

### **The Mix**

Free, confidential telephone helpline finding young people the best help whatever the problem. Provides free connections to local or national services, and can text information

to callers' mobile phones.

Freephone 0808 808 4994 (7 days a week 1pm-11pm)

[www.themix.org.uk/](http://www.themix.org.uk/)

### **Samaritans**

Samaritans volunteers listen in confidence to anyone in any type of emotional distress,

without judging or telling people what to do.

Call 0116 123 (24 hours, 7 days a week)

[www.samaritans.org.uk](http://www.samaritans.org.uk)

### **FRANK**

Confidential information and advice for anyone concerned about their own or someone

else's drug or solvent misuse.

Freephone 0800 77 66 00 (24-hour service, free if calling from a landline and won't show up

on the phone bill, provides translation for non-English speakers)

[www.talktofrank.com](http://www.talktofrank.com)

### **B-EAT youth helpline**

Online community information, help and support for anyone affected by eating disorders.

Call 0845 634 7650 (Monday to Friday evenings, from 4.30pm to 8.30pm, and Saturdays, 1.00pm – 4.30pm)

[www.b-eat.co.uk/](http://www.b-eat.co.uk/)

### **Kidscape**

Kidscape are the first charity in the UK established specifically to prevent bullying and

sexual abuse. The website offers advice and practical skills on how to deal with bullying.

Remember, no-one deserves to be bullied. Nearly everyone is bullied at some time in their

lives: by brothers and sisters, by neighbours, by adults or by other children/young people.

If you are being bullied, you may feel scared, vulnerable and quite alone but you owe it to

yourself to try and sort out the situation so that the bullying stops.

[www.kidscape.org.uk](http://www.kidscape.org.uk)

**Winston's Wish**

The death of a parent, brother or sister is one of the most fundamental losses a child will ever face. At Winston's Wish, they believe that bereaved children need support to

make sense of death and rebuild their lives. The Winston's Wish Helpline offers support,

information and guidance to all those caring for a bereaved child or young person.

Helpline 08452 03 04 05 (Monday – Friday, 9am to 5pm,  
and Wednesday evenings, 7pm to 9.30 pm)

[www.winstonswish.org.uk](http://www.winstonswish.org.uk)